

Lesson for the 7 th form: «Health is above wealth»



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Write the words on health beginning with each letter of the alphabet:

A	H	O	V
B	I	P	W
C	J	Q	X
D	K	R	Y
E	L	S	Z
F	M	T	
G	N	U	



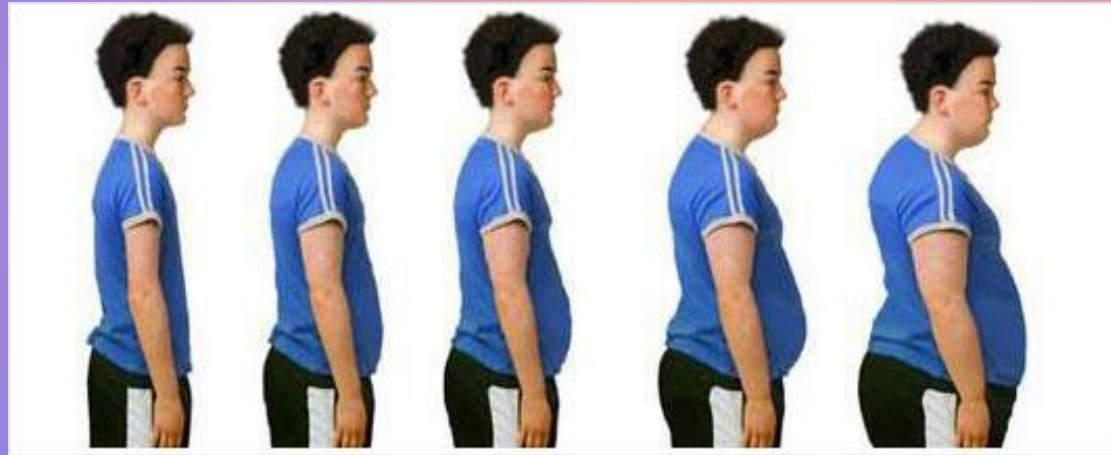
Let's discuss in pairs:

- **What bad and good habits are there in Russia and in Great Britain?**
- **What medical problems teens might have in Russia and in Great Britain?**



Bad health habits in Great Britain:

The greatest problem for teens in GB is **inactivity and obesity**.
In the UK, 3 in 10 children aged 2-15 years are obese.



It leads to diabetes, stomach and heart diseases.

Bad Health Habits in Russia:

The first health problem in Russia is **smoking**.
31% of boys and 16% of girls have this bad habit!



Smoking leads to lung disease and cancer.

Say what medical problems you might have if you:

Use computer too much time

Physically inactive

Snake

Smoke

Skip meals



Get wet

Watching TV a lot

Eat many sweets and high fat food

Make a list of good habits.

Use the following words:

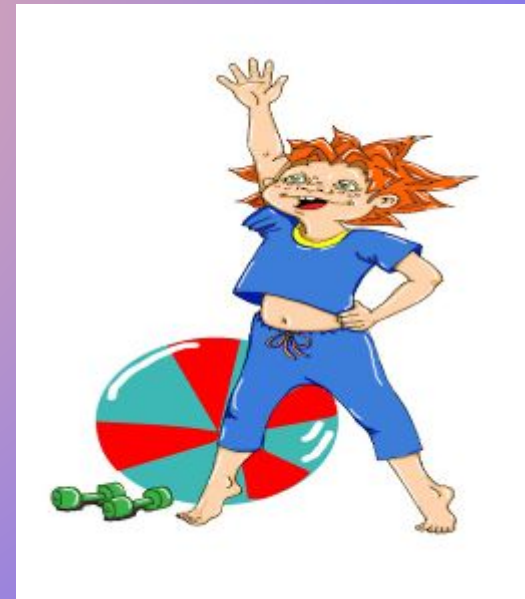
vegetable and fruits,
sweets and chips,
fat and fiber,
keep fit,
sports club,
rest and good sleep,
watch TV and play computer games,
smoking, drugs and alcohol



Let's have a rest.

I wiggle my fingers,
I wiggle my toes,
I wiggle my shoulders,
I wiggle my nose.

Now no more wiggles are left in me
So I will be still as can be.



We shouldn't:

smoke

take drugs and alcohol

drink much coffee

eat junk food

watch TV a lot

**How can we keep
our health?**



We should:

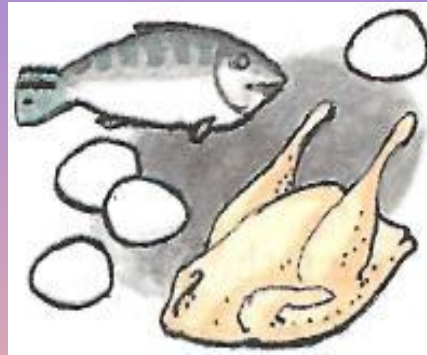
eat fruit and vegetables a lot

join a gym and keeping fit

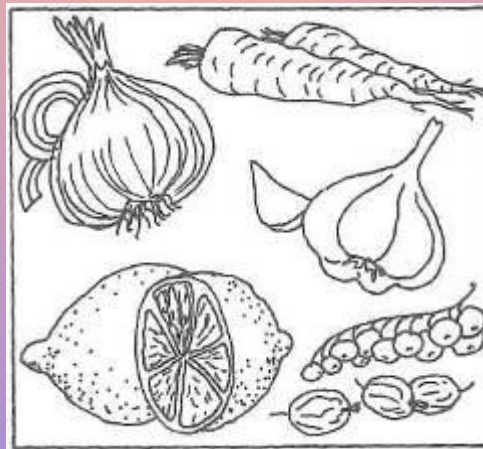
eat less fat and more fiber

sleep seven or eight hours





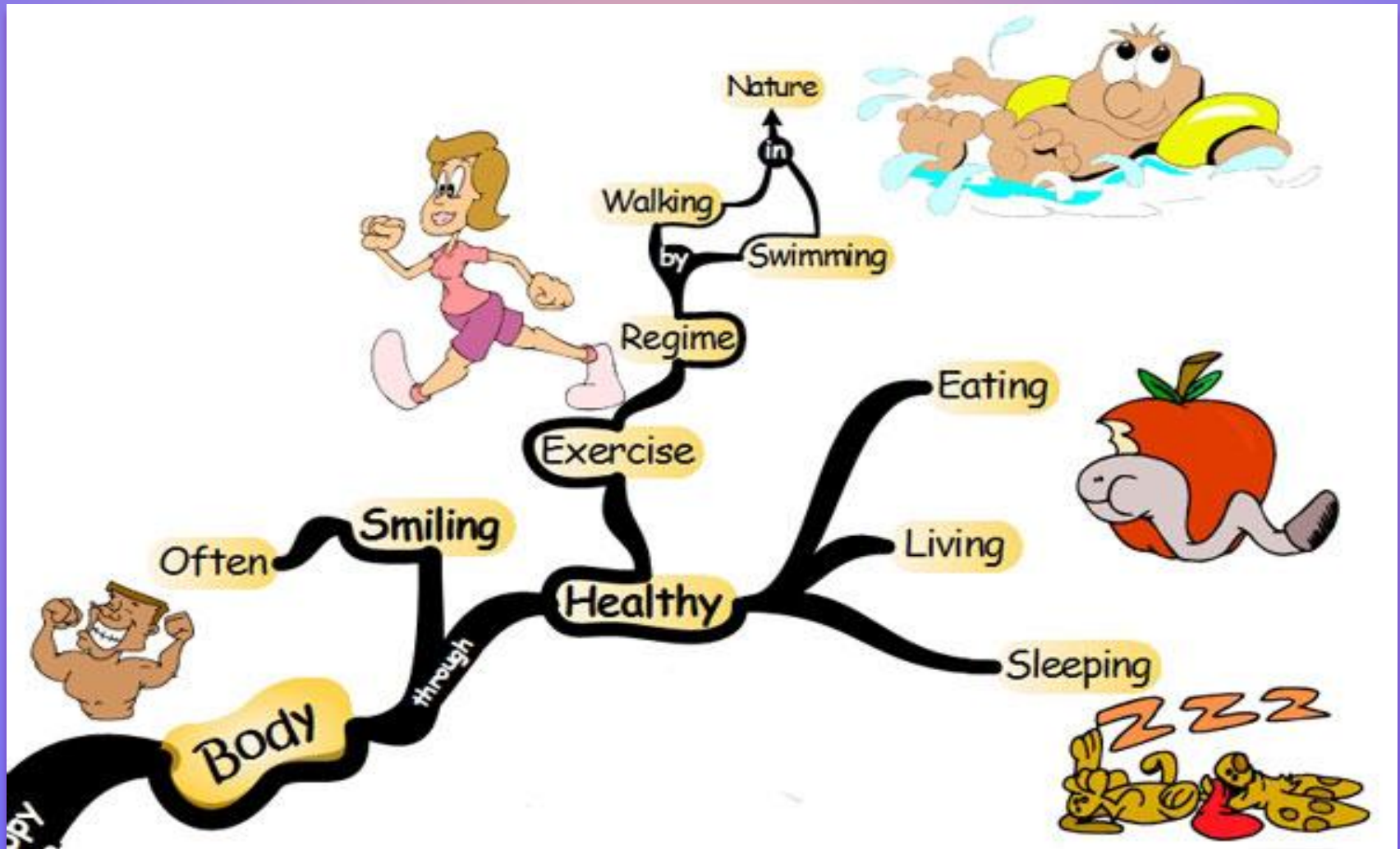
We must say **”Yes”** to good habits !





**We must say “No”
to bad
habits !**

Our health is in our hands isn't it?



Thanks for attention!

Be healthy!



Источники:

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М.З. Биболетова, Н.Н. Трубанева Enjoy English: Учебник для 7 класса общеобразовательных учреждений - Обнинск: Титул, 2013